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### Sun & Stars Trailer Port

1151 Riverfront Drive  
Bullhead City, AZ 86442

Manager: Kat Alvidrez, #25  
Asst Mgr: Jean Sprouse, #2

#### Office Hours:

Mon-Fri: 8-10 am, 3-5 pm

Sat: 10-12 pm

Sun: Closed (leave msg)

#### Telephones:

928-758-3340 (office)

928-201-5282 (emergency)

**Preview:** Get ready for Halloween! A spooky spectacular is planned! The space decorating contest begins the first week of October and the park potluck is planned for Tuesday, October 27, to allow some of our casino workers to join us for a change!



This will be an evening event, starting at 6 pm, location to be announced later. Costumes are in order and the prizes will be the best ever! Start planning now and you could be the Halloween SuperStar of 2009!

## More Park News

This month we will be introducing the new Rules and Regulations for the park. While not a lot has changed, we still need you to read it carefully so you know what rules govern the park.

Some highlights: parking updates, pet responsibilities, and space maintenance.

Parking here in the park continues to be a problem for the Fire Department. We know how hard it is to survive these days without two vehicles, but the park is just not big enough to hold 60+ vehicles. Remember: your space includes one parking spot. Park as close as you can to your unit and be sure you don't infringe on your neighbor's space. If you have two vehicles, you must park one on the street. Any vehicles that are improperly parked will be given a written notice and the license plate will be recorded. The second offense will be a tow to the police yard at the owner's expense.

Pets are like family for many of us. However, no one wants to have to pick up, step in, or smell animal droppings here in the park. Bring your baggies with you when you take your dog on a walk and that way you don't have to remember where it is. If you leave it behind, plan on a \$25 penalty for each offense.

As you may have noticed, the park is slowly getting cleaned up, including all of the garden areas behind your units. While tenants are responsible for maintaining

their own spaces, we do want to help! Behind the maintenance shed, there is a tool shed with lawn mowers, weed whackers, shovels, rakes, and even a leaf blower! We have gasoline and oil as well.

Finally, we have contracted with Labor Ready to have some work done around the park. If you wish to "buy" some time from these hard-working guys, the cost is just \$12/hour. Let Kat know that you need help and she will make arrangements.

## September Park Event: Sep 25

For this month's gathering, we thought we would try something new. How about a yard sale? This would be a good time to drag out all those things that are taking up space in your closet and storage. We will advertise in the local paper and have hotdogs grilling. Residents eat free and customers only have to buy something to get a free hotdog!

Some of you may want to sell other goodies to eat. If you're interested, let us know and we will make arrangements for a table.

If you want to continue selling your wares on Saturday, you're free to do so!

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*We all get heavier as we get older. That's because there's a lot more information in our heads. That's my story and I'm sticking to it!*  
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## August Potluck

Yes, it rained! But we still had a great time out on Kolleen and Gary's deck. The food was fabulous, as always! Thanks, Gary, for all the meat, and thanks everyone else for the salsas, green and pasta salads, corn on the cob, and of course the deviled eggs!

## Going Green Needs Help!

The Recycling program has been a GREAT success here in the park. The only problem is that we need help to keep up with getting it out.

What we are looking for is someone who would like to take over the program. We will provide the containers, the black plastic bags, the space for collection, but we'd like to find someone to redeem the materials. Right now, in Arizona, you can only get cash for the aluminum cans but if you make trips to California, you can get cash for both plastic and glass bottles.

Otherwise, we would just love to have someone willing to load up the bags and take them to one of the local recycling sites. There is one on Hancock near the Labor Ready office.

Please contact Kat or anyone else on the committee if you are interested! Thanks for all you do!



Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7,000 per month.

## Dear Gary...

**Q:** Dear Gary, What if I don't return the new application form? Is someone going to come to my house and break my legs? Signed, Too Lazy to Read

**A:** Dear Lazy, Your legs are safe! If you don't return the application, you are still responsible for knowing the rules and for following them. The worst thing that could happen is that we won't be able to reach you in case of emergency. The new application is for YOUR SAFETY. We just need to know how to reach you if there is a fire or any other kind of emergency. We have no plans to "check" your references or verify your income. You're already our good neighbor and we trust you! And don't worry: your privacy is our #1 concern!

.....  
**Q:** Dear Gary, Why can't we have two cars in the park? It seems a waste to make us walk all the way from the road. Signed, Rather Be Vegging

**A:** Yes, Veggie, The rules are clear: only one vehicle per space. The problem is, too many cars make it difficult for the Fire Department to get quick access to the units in the park. What if you were having a heart attack (which you are going to have if you don't start walking more!) and they couldn't get through because somebody parked next to their friend "for just a minute"? That minute could cost you your life. So, rather than that, let's all start walking more!

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**Q:** Dear Gary, Any chance of the rent going down now that times are hard? Dreaming of Better Times

**A:** Yes, Dreamer, There is a chance: about 1 in a million! In fact, unlike many other parks, we have never raised the rent on any current tenant. As long as we can keep costs down, you will enjoy the same rate. Now isn't that cool?

## Calendar Events

### Sep 25 - Yard Sale!

7 am - 3 pm, Driveway between Space #1 and Space #17 (to block traffic into the park). Tables will be set up around the front of the park so people can park on the street to get in.

### Oct 27 - Halloween Park Celebration

A park extravaganza planned for a weekday to include our working neighbors. Prizes for Best Decorated Space, Best Costume, and Best Appetizer.

### Sep 20

#### Deadline for October newsletter submissions

We are accepting Good Neighbor nominations, Dear Gary notes, Calendar events, and articles written by residents. We reserve the right to edit and/or exclude all submissions.

## Bulletin Board

**Problem Reports.** Be sure to check out the blank Problem Report forms in Kat's mailbox.

Good neighbor nomination forms can also be found in Kat's mailbox. Fill them out and drop them into the Locked Dropbox by Kat's door. Remember, you don't even need to sign your name!

Let us know what we can do to make the Sun 'n' Stars better!

**Lost & Found.** Someone forgot a green plastic plate and utensils at the potluck. I also have two disposable cameras - one for underwater. Come and get 'em!



## Cooking with Kat

By Kat, Space #25

This month's recipe is for broccoli salad. Sounds weird until you try it. You'll be addicted!

### Salad:

- 5 cups fresh broccoli florets
- 1/2 cup raisins
- 1/2 cup sunflower seeds
- 1/2 cup cooked, crumbled bacon
- 1/4 cup of chopped red onion
- 1 cup of frozen peas, thawed

### Dressing:

- 1 cup mayonnaise
- 2 tablespoons vinegar
- 1/2 cup sugar

Combine broccoli florets, raisins, sunflower seeds, crumbled bacon, chopped onion, and peas in a large serving bowl. In a separate bowl or large cup, whisk together mayonnaise, vinegar and sugar. Add dressing to the salad and toss to mix well; chill thoroughly before serving.

## New to Sun and Stars: The Walking Club

Now that the weather is finally getting more reasonable, some of us have decided to start walking for our health. Morning seems to be the best time, so we plan to meet around 7 am at Space #1.

We will take it easy at first, starting with 15 minutes three times a day and then expanding as the group feels able.

According to the Mayo Clinic, "Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health.

Walking is one of your body's most natural forms of exercise. It's safe, simple, doesn't require practice, and the health benefits are many."

Our first walk will take place on Monday, September 7. Get ready to move! It's for your health and well-being!

## Birds, Birds, Birds

By Jean (#2)

We are fortunate to live on the Colorado River and near mountains. The river and mountains provide great habitat for such a diversity of birds. OK! I hear you thinking, "Yeah, Grackles and Turkey Vultures!" But even the Grackles and Turkey Vultures have some interesting behaviors. However, someone should tell them that they are not the "Blue Birds of Happiness".

I see bird feeders in our Trailer port. Sandy and Craig in Space #1 have hung several feeders, and we have enjoyed a variety of species. Identifying birds can be a challenge. If you want to be a "serious birdwatcher" some basics for identifying birds, often called "birding" are: First, get a good book. I recommend a relatively easy book, Birds of Arizona by Stan Tekiela.

This book has great, colorful pictures. One of the easiest ways to successfully identify birds is by its color. The male often has more colorful plumage than the female or juvenile. Tekiela suggests the colorful male is attracting a mate and his brilliance is saying, "Hey, look at me!" (Hmmm...no comment.)

Female birds often have less color than the male. The female often has muted tones that help her hide from predators during weeks of motionless incubation, and draws less attention to her when feeding the young. (Again, no comment.)

Other ways to identify birds is to note the size, shape, and color of their bill, their habitat, and what they are eating.

Really, buy a book! A good birding book will tell you what to look for including their color, location during the different seasons, their mating behaviors, their habitat and what they eat. Then you can create a habitat and provide the food that will draw them to your feeders.



Oh, don't forget your camera. When you see the Western Tanager, the rosy red Summer Tanager, the Black-Headed Grosbeak,

Bullock's Oriole, Scott's Oriole, or our little hummers, the Black-Chinned Hummingbird, Costa's Hummingbird, or the Broad-Tailed Hummingbird, you will get excited and want to take a picture.

Hey! Is that a contest?

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**I have to walk early  
 in the morning,  
 before  
 my brain figures  
 out what I'm  
 doing...**  
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## The Mayo Clinic has this advice for new walkers

### *Wear walking shoes and comfortable, protective clothing*

*Before you set out, be sure to select comfortable shoes and dress in loose-fitting, comfortable clothing. Dress in layers if you need to adjust to changing temperature.. Avoid rubberized materials, as they don't allow perspiration to evaporate. Wear bright colors or reflective tape after dark so that motorists can see you.*

### *Warm up*

*Spend about five minutes walking slowly to warm up your muscles. You can walk in place if you want. Increase your pace until you feel warm.*

### *Stretch*

*After warming up, stretch your muscles before walking. Include the calf stretch, quadriceps stretch, hamstring stretch and side (iliotibial) stretch.*

### *Cool down after each walking session*

*To reduce stress on your heart and muscles, end each walking session by walking slowly for about five minutes. Then, repeat your stretches.*

**I do have flabby thighs, but fortunately my stomach covers them.**

## Sorting for a Yard Sale

Getting ready for a yard sale can be a lot of work, especially if you're one of those people who can't part with your junk. You can learn a lot about getting rid of the clutter that complicates your life:

- **Browsing:** Go through every room of your home and browse for things that you don't use or don't need.
- **Sorting:** After doing the first walk through of your home, separate everything into logical categories; kitchen, bathroom, baby clothes, baby toys, back to school college items, and then box them up for easy transport.
- **Trashing:** You will come across some items that you wouldn't give to a dog. You don't want to include those things in your sale, so get the trash bags ready.
- **Pricing:** It is a yard sale, so price everything very reasonably. Try not to price anything for more than \$5. Larger items can be marked as "make an offer."
- **Consultation:** Try and get some pointers from a yard sale veteran. They can give you a good idea what people want and how things are priced.
- **Donation:** Immediately after the sale, do not – I repeat – do not carry things back into your house. It was destined to leave your life the minute you selected it for the yard sale, so load it up into the car and take it the Goodwill or Salvation Army where it can do somebody some good. ([www.unclutterer.com](http://www.unclutterer.com))

Not only will you be free of junk, but you will have space for NEW junk! Have fun ... and see you at the sale!

## Checklist for junk savers who want a Fresh Start

\_\_\_ Has it fit you in the last 2 years? If not, stop dreaming and give it to someone who can actually wear it. And have another bon-bon while you're at it.

\_\_\_ Has it been used, touched, thought of during the last six months? If not, you probably don't need it. Goodwill probably doesn't need it either, but let them decide what to do with it.

\_\_\_ Has it collected more dust and grease than interest? Would you keep dead flowers on the table or rotten food in the fridge? What's the difference? Toss it!

\_\_\_ Has it generated new friendships or improved your quality of life? If not, boot it out the door. (Ask it, "What have you done for me lately?" and then say goodbye.)

\_\_\_ Is it a sad reminder of when you were young, handsome, skinny, and popular? Who needs reminders? Don't just toss it, obliterate it, rip it to shreds, and bury it under some garbage where it belongs.

\_\_\_ is it cute or sweet or too nice to throw away because Auntie So-and-So gave it to you for your 49<sup>th</sup> birthday? Is Auntie still alive? Do you think she cares? Put it in the yard sale and remember Auntie in a nicer way with a little photo on the refrigerator like other people do.

\_\_\_ Is it something someone else is going to want more than you do? Then sell it and prove that you are willing to do your part to make the world a happier place. You go girl!

